

# Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Island Intranet under "Information" and on the installation website at <a href="www.ria.army.mil">www.ria.army.mil</a> under "About USAG-RIA" and then "News" and "Local News."

Island Insight Submission: https://home.ria.army.mil/sites/ii/ii.cfm

#### **Sections:**

- Arsenal Traffic/Construction
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#### RIA Holds Ceremony, Walk to Commemorate 12<sup>th</sup> Anniversary of 9-

11: The rain fell for the first time in 36 days. Someone commented that it could be tears. Whatever it was, the day was as different as the unusual weather, for it was the 12th anniversary of 9-11. The Rock Island Arsenal community marked the solemn occasion with a 9-11 Dedication & Remembrance Ceremony to honor all those who died that day and those who died or were wounded as a



- MWR Leisure Travel Office
- Child, Youth & School Services
- Army Community (ACS)
- Employee Assistance Program
- Education/Training Review
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result of the two wars that followed. They also paid tribute to all the heroes involved in rescue efforts. As of Sept. 5, a total of 9,703 people have died. Another 30,613 have been wounded in action, some with life-altering injuries. The guest speaker was Col. Daniel Mitchell, deputy commanding officer, Army Sustainment Command. Mitchell was in the Pentagon when the attack on America's defense fortress took place. "Twelve years ago today, the world as

- Arsenal Archive
- Healthbeat
- Notes for Veterans
- Car Pooling Announcements
- Around the Q.C.

we know it changed forever," Mitchell said.
"And unlike previous conflicts and wars, there is no peace treaty, no armistice, no collapse of a superpower -- the threat is still there," citing the shootings at Fort Hood, Texas, and the bombings at the Boston Marathon.
(More)



Garrison Commander





#### Johnson Assumes ACC-RI Lead, Executive Director Appointed SES

**Rank**: The Army contracting center here is getting a new leader. Melanie A.

Johnson will become executive director of the Army Contracting Command-Rock Island on Sept. 8. She will also be appointed to



the Senior Executive Service. As a member of the SES, Johnson will serve in a key position that falls immediately below top presidential appointees, and in a role that corresponds with the general officer level. (More)

#### **MSPB Moves Forward With**

<u>Furlough Appeals</u>: With the end of the

fiscal year approaching, federal employees are finally

seeing some relief from furloughs, and so is the Merit Systems

Protection Board. The number of

furlough appeals

coming in each day is steadily decreasing, allowing the board to move

forward with the more than 32,000 claims it has received in FY 2013.

(More) (Feds Have Lost All Furlough Appeals So Far)

#### <u>Size of the Federal Workforce Dips as</u> <u>Number of New Hires Tumbles</u>:

Federal hiring declined last year, with new government hires dropping to fewer

than 90,000 in fiscal 2012. The dip in hiring caused the size of the federal workforce to retract slightly to about 2.1 million federal



workers — about on par with 2009 levels, according to new government data compiled by the Partnership for Public Service. Overall, over the past four years, federal hiring has slackened noticeably. (More)

#### **Report: Federal Sector to Shed 100k**

Jobs Next Year: Budget cuts from sequestration will force agencies to trim

100,000 federal jobs over the next year, according to a report published Tuesday by banking firm Goldman Sachs.



Federal employment has already fallen by 71,000 jobs over the last year,

## Upcoming Dates

Sept. 10-12: DA Photo Studio Availability

Sept. 11: Patriots Day, 9/11 Observance

Ceremony, 9/11 Memorial, 10 a.m. Sept. 11: Senior Tenant NCO Mtg., Golf

Clubhouse, 11:30 a.m.

**Sept. 14**: USO Discovery Kids, "Build and Grow" w/ Lowe's, 10 a.m.

Sept. 17: Constitution Day 4

Sept. 17-19: USAG-RIA Motorcycle Cycle

Experience Rider Course <u>1</u>

<u>Sept. 19-21</u>: Bridging the Gap (QC Stand Down for Homeless Vets), QCCA Expo Center, 9 a.m.

<u>Sept. 20</u>: POW/MIA Recognition Day Ceremony, POW/MIA Marker, 10 a.m.

Sept. 22: Quad Cities Marathon (Runs across Arsenal Island) \*

<u>Sept. 28</u>: Indian Pow-Wow Event, Memorial Field 1-6:30 p.m.

Oct. 2: Illowa CFC Kick Off, Bldg. 60, Heritage Hall

Oct. 3: Honor Flights of the Quad Cities

Oct. 5: USO Discovery Kids, John Deere Pavilion

Oct. 8-10: DA Photo Studio Availability

Oct. 9: Senior Tenant NCO Mtg., Golf Clubhouse, 11:30 a.m.

Oct. 10: Corps of Engineers' CFC Chili Cook-off, Clock Tower Building

Oct. 14: Columbus Day (Federal Holiday)

Oct. 16: Disability Awareness Month Fair,

Heritage Hall, Bldg. 60, 10:30 a.m. - 1 p.m.

Oct. 17: JMTC Pumpkin Carving Contest, Bldg. 299

Oct. 24: SOHAC, Bldg. 90, Rm 25, 10 a.m.

Oct. 26: Retiree Appreciation Day

Oct. 26: Lagomarcino's Cocoa Beano 5k on Island

Oct. 31: Honor Flight of the Quad Cities

Nov. 7: Community Health Promotion Council, Baylor Conf. Rm., 1 p.m.

Nov. 9: USO Discovery Kids, Hy-Vee, "Nutrition"



according to the report. It assumes that Congress will not reverse sequestration budget cuts. The job loss numbers, taken from the Bureau of Labor Statistics, include the Postal Service as well as part-time and seasonal federal jobs. (More)

#### **Bill Tracker 2013: Proposals Affecting Fed Pay, Benefits and More:**

From barring employee bonuses to ending "official time," there's been no shortage of legislation introduced this year affecting the federal workforce. Federal

News Radio's Bill Tracker follows the bills affecting federal pay and benefits, the size of the workforce and more. (More)

#### Coburn Tells Federal Employees to Turn Off the Lights: Senator Tom

Coburn (R-OK) has introduced an amendment to energy efficiency legislation that is designed to reduce energy costs by requiring federal

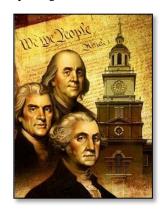


workers to turn the lights out in their

offices when they leave at the end of the day. The amendment directs the Secretary of Energy to issue guidelines to all federal agencies to reduce energy costs by requiring federal employees to turn off the lights and other devices that consume energy when they are not being used. (More)

#### <u>DoD to Observe Constitution Day,</u> <u>Citizenship Day</u>: The Department of Defense will observe Constitution Day and Citizenship Day, **Sept. 17**, to

commemorate the signing of the U.S. Constitution in Philadelphia on that day in 1787. Specifically, Congressional Appropriations Bill H.R. 4818, P.L. 108-447,



requires federal agencies to provide new employees with educational and training materials on the U.S. Constitution as part of the new employee orientation materials; and provide all federal agency employees educational and training materials on the Constitution on **Sept.**17. To assist in celebrating this event, training and educational materials will

be provided to all DoD employees to encourage them to hold ceremonies and special programs. The Web site provides useful information and resources. including an interactive course that helps people learn more about the Constitution and how this landmark document continues to guide this nation. The Deputy Under Secretary of Defense for Civilian Personnel Policy said in 2008 that we have a special obligation to understand and appreciate the Constitution and the role we each play in providing "for the common defense. Observance of Constitution Day and Citizenship Day is one way for each of us to take some time to reflect upon our civic duties, rights and obligations through a renewed appreciation of this document." (More)

## Army Suicide Prevention Month: The United States Army remains the strength of our Nation and has demonstrated

remarkable skill and professionalism over the past 12 years of combat operations. Nevertheless, the stress of military service, the resulting strain





placed on relationships and Families, and injuries and illnesses suffered by some have challenged our resiliency. Individual responses to these challenges are often manifested as risk behaviors which sometimes may include suicide. (More) (IMCOM Suicide Prevention PSA) (Lt. Gen. Ferriter Suicide Prevention PSA) (Command Sgt. Major Rice Suicide Prevention PSA)

#### **National Preparedness Month 2013**:

This September marks the tenth annual commemoration of National

Preparedness Month.

Over the past ten years the Rock Island Arsenal has made great strides and our emergency

preparedness posture has improved greatly. This progress is evident in the way we have responded to the many natural disasters we face here in the Midwest; from flooding to severe thunderstorms and even a blizzard or two. Planning, preparation, and partnerships with the surrounding Quad Cities area allows our installation to face these incidents and minimize the impact on our Soldiers, Families, and civilians that work and live on RIA. This year, the Army is joining the Department of

Homeland Security and the Federal Emergency Management Agency in their "America's Prepareathon!" campaign. This campaign focuses on community-based actions to increase emergency preparedness and community resilience. Join the campaign by visiting the <a href="Army Ready website">Army Ready website</a> and "Pledge to Prepare." We encourage you to continue supporting RIA's preparedness efforts - without you we wouldn't be a Ready Army. (StandTo!)

#### National POW/MIA Recognition Day Ceremony: On Friday, Sept. 20, the

Rock Island Arsenal will host a

POW/MIA
Recognition Day
Observance.
"Keeping The
Promise" is the
theme for this
year's
Recognition Day.
The ceremony
will be held at the

POW/MIA



Marker on Rodman Avenue, across from the War Remnants display, in Memorial Field, beginning at 10 a.m. Observances of National POW/MIA Recognition Day are held across the country on military installations, ships at sea, state capitols, schools and veterans' facilities. It is traditionally observed on the third Friday in September each year. This observance is one of six days throughout the year that Congress has mandated the flying of the National League of Families' POW/MIA flag. The others are Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day.

#### **2013 Illowa Bi-State Combined Federal Campaign Kickoff:** The 2013

Illowa Bi-State Combined Federal Campaign Kickoff will take place Wednesday, **Oct. 2**, 11 a.m. - 12:30 p.m.,



on Rock Island Arsenal, Bldg. 60, in Heritage Hall. "Serving Our Cake, Supporting Our Community" is the theme specifically for the kickoff. Visit with local charities and vote for your favorite cake. Win a cake. Support the 2013 Combined Federal Campaign. One entry per command. Entrants in the cake competition will receive prizes. All votes will be entered into a drawing to win a cake to be delivered to your office. For official rules and entry forms visit <a href="https://www.facebook.com/illowacfc">www.facebook.com/illowacfc</a>

VIOS Schedule for October: Official DA Studio Photography (DA,



#### Island Insight

Government passport and command photos) will be offered at Rock Island Arsenal **Oct. 8, 9, and 10**.

Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the Visual Information Ordering Site at www.vios.army.mil for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the VIOS site for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official Government passport photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to Transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled

dates can be found on the RIA VIOS website FAQ.

#### **Rock Island Arsenal Retiree**

Appreciation Day: Mark your calendars and get ready to RSVP for the "social event of the year" - Retiree Appreciation Day. This year's event will be Saturday, Oct. 26, in Bldg. 60, in Heritage Hall, 7 a.m. – 1 p.m. Additional information is available by calling (563) 322-4823 or (563) 445-0191.

**Blood Drive**: The Mississippi Valley

Regional Blood Center is hosting a blood drive in the <u>Caisson Club</u> (First Floor, Bldg. 60), on **Thursday, Sept. 19, 10 a.m. – 12 p.m.** If

you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A 2<sup>nd</sup> shift blood drive will be held in the Cafeteria (Bldg. 210) beginning at 6:15 p.m. on Oct. 25. A 3<sup>rd</sup> shift blood drive will be held in the Cafeteria (Bldg. 210) beginning at 2:15 a.m. on Sept. 27. To sign up for a blood drive held on either the 2<sup>nd</sup> or 3<sup>rd</sup> shift, donors should contact their shift supervisor.

(<u>Blood Transfusion En Route to Trauma</u> Center Keeps Navy Vet Alive)



Charlie Corpuscle Says, "Blood donations are needed this summer to assure a safe and stable blood

supply in our community. To accommodate the impending

the impending furlough schedules, we have amended the Rock Island Arsenal blood drive schedule for the months of July, August and September. We hope that these dates can be worked into your schedule, and that you'll be able to help with a blood donation(s) this summer."

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information click here.

#### 2013 FEHB Open Season

Information, Material: The 2013 Federal Benefits Open Season is just around the corner. While specific premium and plan information is not yet available, OPM has issued several Benefits Administration Letters in





anticipation of the 2013 Federal Benefits Open Season. BALs <u>can be found here</u> at this link. CHRA supports OPM's Going Green initiative and encourages employees to use the electronic health plan brochures available <u>on the health</u> plan's website or on OPM's website.

#### **Arsenal Island Employee Local**

<u>Discounts</u>: The following discounts are exclusively available to Arsenal Island employees –

**Double Tap Firearms**: Double
Tap Firearms offers
a 10 percent firearm
discount and \$15
firearm transfer fee
in Illinois to active



duty and retired military personnel in the QCA (1). **Bennigan's Rock Island**: Arsenal employees, service men, service women you are always welcome at Bennigan's in Rock Island, and to show you how much your welcome here, we offer a 25 percent discount off your meal, any day any time (1).

Pepperjack's Restaurant & Lounge in Davenport: Rock Island Arsenal employees receive 20 percent off their Pepperjack's entrée when they present their Arsenal identification card (one discount per ID) ( ). New Life Chiropractic Clinic: Arsenal Island

employees, we're offering you a 20 percent discount on our services (4). Goebel Family Dentistry: Active duty members of the military receive a 10 percent discount on all services. All other Arsenal civilian employees who are new patients can receive either the free exam and x-rays or a free whitening treatment on their first visit (4). Big Mouthz BBQ: We're offering all public employees (city, county, state, and federal) \$1 off their order every Monday (4). This information is included for general workforce interest and does not constitute endorsement of the businesses or products.

"Bridging The Gap" – Stand Down for Homeless Veterans: Bridging The Gap-QCA will be holding a Stand Down for Homeless

Veterans Sept. 19, 20, & 21, at the QCCA Expo Center in Rock

Island. The



purpose of Stand Down is to provide a one-stop-shop for homeless veterans to find homeless services. 30+ Quad-Cities area agencies are expected to attend the event to offer services to homeless veterans. "Bridging the Gap" Homeless Veterans Stand Down is more than an

assemblage of services. It is a group of volunteers and participants brought together in the spirit of caring and respect. They hope to inspire the hope, strength and will of the homeless veteran so each can gather the individual, internal energy and initiative to rebuild his or her life. Registration is required for the event and will take place **Sept. 19**, 4-6 p.m., and **Sept. 20**, 7 a.m. – 12 p.m.

**2013 Cards for the Troops**: Join us for the 6<sup>th</sup> Annual Cards for the Troops at the Arsenal Island Golf Course clubhouse for a heartwarming evening of stamping cards for our deployed troops to mail home to loved ones. 20,000+ cards sent to date! RSVP at <a href="massipple1@gmail.com">mssipple1@gmail.com</a>. Packagers needed also. Please bring one roll of Scotch double-sided tape.

Date: **Tuesday, Sept. 24** Time: **6:30 p.m. - 9 p.m.** 

**Arsenal Attic Thrift Shop &** 

**Boutique**: Half-off sale

begins Sept. 17.

Visit the Attic every Tuesday and Thursday, 9 a.m. – 3

p.m. New pictures on Facebook, search

"Arsenal Attic. Consignors, don't



forget to pick up your consignment checks for August. Now accepting fall clothing and Halloween decorations. POC: (309) 782-6977.

WID Halloween Murder Mystery at the Moline Club: WID will be hosting a Murder Mystery fundraiser on Friday, Oct. 18, at 6 p.m. Price is \$40 for non-members, \$35 for members and \$45 for walk-ins. There will be door prizes and cash prizes for best costumes. (Flyer)

#### <u>Hiring Initiative Continues for</u> **Arsenal Workers**: Six thousand

Department of Defense civilians who work at Rock Island Arsenal dealt with pay cuts, thanks to unpaid furlough days. Now, the furlough days are over and have been completed for this fiscal year. But, while that's a little better, many Arsenal workers continue to live in an unstable reality of Sequestration, debt ceiling ramifications, and government shutdown talks. So, the Ouad Cities Chamber of Commerce has launched a new initiative, called "Support Those Who Support Our Troops" to create additional channels of employment for the talent and training

gained through the tax payers' investment, which benefits Quad Cities communities and the resumes of Arsenal Island employees. "We've reached out to local staffing agencies and to our business community to see what sort of temporary, part-time needs they may have that can be filled," Jillian McClearly, communications director for the Quad Cities Chamber of Commerce, explained. (More) (RIA Workforce Reminder: Secondary Jobs Must Be Announced and Ok'd by Supervisors, Furlough or No Furlough)

#### **Through Your Lens Nature**

Photography Contest: Have an interest in photography and the outdoors? The Iowa Natural Heritage Foundation has announced a photography contest open to anyone over the age of 18. You can read more about it at <a href="http://inhf.org/2013\_photocontest.cfm">http://inhf.org/2013\_photocontest.cfm</a>.

#### Arsenal Traffic/Construction

There are no Arsenal Traffic / Construction announcements at this time.

#### Building/Space Closures



Visitor Center Closure: On Sept. 15, the Visitor Control Center at the Moline Gate will permanently close due to the elimination of Security Assistant authorizations within the Directorate of Emergency Services. The ID card section of the building will continue to operate. As a result, the services listed below will no longer be provided or resourced by the Garrison: • Foreign National Processing for Official visits will be conducted IAW AR 380-10 guidelines by the Command/Tenant responsible for the visit. • Building / Facility Visitor Passes will no longer be issued by the Garrison for visits to your facilities. Commanders and Managers may institute a visitor pass for their facility if so desired, or, escort visitors within their facility. • Camera Passes will no longer be issued by the Garrison. Commanders and Directors of facilities may post sensitive areas as no photography areas and either escort or provide local camera passes to take pictures in these areas under their control. All other access control requirements will be conducted at the gate effective **Sept. 15**. My POC for this action is the DES Physical Security Division Chief, Glen Steltenpohl, at (309) 782-2715.



#### Repairs to Handicap Ramp on Bldg.

62: Effective July 25, the Directorate of Public Works will begin a project to replace the deteriorated exterior handicap ramp on the southeast corner of Bldg. 62. The repair will include the replacement of the steps, ramp, adjoining sidewalk and handrails. The entrance doors will be blocked during construction. Signage and safety barriers will be positioned at appropriate locations. The work is scheduled (attached) to be complete by Oct. 31.

## Active Duty/Reserve Zone

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#### **Obama: Changes to Compensation Should Grandfather Current Troops:**

President Obama wants to consider sweeping changes to the military's retirement and compensation system, but he also said that all current troops should be grandfathered under the current retirement plan if they choose. Obama on Thursday issued instructions to the Military Retirement and Compensation Modernization Commission, a task force created by Congress and intended to inform and jump start efforts to overhaul the current military pay and benefits scheme. (More)

## Safety Spotlight

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Motorcycle Safety Course: The USAG-RIA Safety Office will be sponsoring upcoming Motorcycle Rider Courses. This cycle rider safety training program will be certified by the Motorcycle Safety Foundation. The courses are designed to help riders manage their risk and increase their skills through riding and classroom instruction. Per DODI 6055.4, DoD Traffic Safety Program, military personnel who operate motorcycles must be appropriately licensed to operate on public highways and must have successfully completed an approved rider or operator safety course meeting the MSF-based State-approved curriculum. Any Soldier operating a motorcycle on the Rock Island Arsenal must be in possession of an MSF card when they ride to verify completion of required training. The next one-day Experienced Rider Courses are scheduled to be conducted on **Sept. 17-**19. Registration for all courses is through the web-based AIRS system at https://apps.imcom.army.mil/AIRS. For further information, please contact Michael Chaplin, IMRI-SO, at (309)

782-2314/1380, or Nancy Carlson, IMRI-SO, at (309) 782-2309.

Headphone/Earphone Use Prohibited on Arsenal Island: The

Army Safety Program (AR 385-10, Section 6-5) states: Using headphones or earphones while

earphones while
walking, jogging,
skating, and bicycling, including pocket
bike, motorcycle or moped on Army
installation roads and streets, is
prohibited. Public, family, and
recreational safety programs are an
essential part of the Army Safety
Program that must continually heighten
accident prevention awareness during all
on-duty and off-duty recreational
programs for Soldiers, Army civilians,
and their families. Sports and
recreational activities continue to rank
high as a major cause of accidental
injury. We ask for your kind cooperation

Equal Opportunity Focus

in helping to prevent accidents due to

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distractions.

Mark Your Calendars -- Disability
Awareness Month Fair: The Garrison
EEO is hosting a Disability Employment



Awareness Month Fair on **Oct. 16**, 10:30 a.m. – 1 p.m., in Heritage Hall, Bldg. 60. The theme for Disability Awareness Month this year is "Because We Are Equal to the Task." For any additional information or special accommodations needed – please contact <u>Carmen Ausborn</u>, disability employment program manager, (309) 782-2927.

Traditional Pow Wow to Be Held on Arsenal Island: There will be a traditional Pow Wow on Arsenal Island on Sept. 28, 1-6:30 p.m., at Memorial Field, honoring women veterans and grandmothers. There will be dances, traders and venders. Traditional dance categories will include seniors (68+), adults (30-67), and young adults (18+). POC: Ruth Pushetonequa, (641) 260-1524.

## Morale, Welfare & Recreation (MYR)

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Visit the MWR website at <a href="https://www.riamwr.com">www.riamwr.com</a> for information on all MWR programs. Also <a href="https://www.riamwr.com">click here</a> to become a fan on Facebook, or Twitter <a href="@golf1897">@golf1897</a>, and stay up to date on all the great MWR offerings here at the Arsenal.

#### Week of Sept. 16, New 6-Week Session of Fitness Center Classes

Starts: Beginning the week of September 16th, fitness classes begin a new six-week session. The classes being offered presently are Rowing, Spinning®, Yoga, Core Basic, Boot Camp, Zumba® and the brand new TRX®. There will be a mandatory intro to TRX® course that is prerequisite to the actual class. This ½ hour intro class is free of charge and is offered Tuesdays and Thursdays at 8:30 a.m., 12:30 p.m. and 3 p.m. or on an individual custom time basis for \$15. Check the MWR website for fees, times and days for each of the classes or call (309) 782-6787.

Beer & Spirit Pairing Dinner: A Taste of the Quad Cities: Don't miss your chance to sample some locally produced treasures Friday, Sept. 20, at 7 p.m., during our Beer & Spirit Pairing Dinner. Enjoy samples of craft brews from Great River Brewery & spirits from Irish Dog Bloody Mary Mix & Mississippi River Distillery that have been carefully selected to complement and enhance the fine cuisine prepared by our executive chef. The cost is \$50/person. Call (309) 793-1601 for more info and to reserve your seats. (Flyer)

#### **Volunteers Needed for QC Marathon:**

The Fitness Center is looking for volunteers to assist on the island for the QC Marathon on Sunday, **Sept. 22**, 7 a.m. - 12:30 p.m. Areas needed for support are water stations, traffic, runner control, etc. If you are interested please contact Desiree at the Fitness Center, (309) 782-6789.

#### **Synthetic Oil Change Special at the**

Auto Skills Shop: If your vehicle requires fully synthetic oil we'll save you a chunk of change with our July Synthetic Oil Change Special. Now through the end of August, for just \$59 you'll receive a full service oil change with up to five quarts of top of the line, 5w/20 or 5w/30 Mobil 1 oil. Take advantage of this opportunity to save money and call (309) 782-8631 to schedule an appointment now while supplies last. (Flyer)

## Arsenal Club Bar (Bldg. 60) Change in Hours of Operation: The Arsenal Club Bar will no longer be open on Fridays, but will be open on Wednesday and Thursday evenings from 3-7 pm. Gather up your friends and coworkers and enjoy some après work food and drink. (Menu available here)



MWR RV Lot Key Access: Authorized and paid up patrons of the MWR RV Storage Lots may now also sign out the access key out at the MWR RIA Golf Pro Shop seven days a week. The keys will still be available at Outdoor Recreation and at the Fitness Center. Call (309) 782-8630 for more info.

## MWR Leisure Travel Office

Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. (email) (website)

#### **Outdoor Recreation Entrance:**

Outdoor Recreation is now using the South Entrance (Rodman Ave) for patrons. For more information please call (309) 782-8630.

<u>Ticket Audit Time</u>: Due to Leisure Travels attraction distributor having a yearly audit we will not be ordering tickets to all major parks (WDW, UNO, SWO, etc.) starting **Sept. 11** resuming on **Sept. 25**.

<u>Circa 21: Southern Crossroads</u>: Back by popular demand. Southern Crossroads follows a traveling family of singers and musicians who arrive at their new gig in Virginia finding the doors locked and the theatre out-of-business. Knowing, however, that "the show must go on," this gifted family of musicians decide to bring entertainment to the locals. Discounted seats available.

Date: Saturday, Sept. 14

#### **Inaugural Lock & Dam Country Jam:**

Bring your lawn chairs. Gates open at noon. This is an all ages event. Concert will be at Schwiebert's Riverfront Park featuring: Glenn Templeton, Shawn Lacy, Elizabeth Lyons, Martin McDaniel Band, Dirt Road Rockers & Phyllis & the Sharks. Active Duty \$10 w/ ID & \$20 for civilians. On sale now.

Date: Saturday, Sept. 14

Time: 12 p.m.

**Books Are Fun:** Books Are Fun will be visiting for two days. Stop by Bldg. 60 Heritage Hall dining area. They will have great discounted books and items for fall.

Date: Monday, Sept. 23 Time: 9 a.m. - 2 p.m.

<u>Disney Junior Live</u>: Producers of Disney On Ice and Disney Live!, is taking top performing cable TV series for preschoolers to the stage in Disney Junior Live On Tour! – Pirate and Princess Adventure. Featuring characters from the smash hits Sofia the First and Jake and the Never Land Pirates. \$20 lower and \$14 upper bowl.

Date: Friday, Oct. 18 Time: 6:30 p.m.

Six Flags Great America: Thrill-seekers are sure to enjoy one of our amazing roller coasters. We have a variety of out-of-this-world coasters, including Viper, Batman The Ride and Raging Bull, the world's first hypertwister coaster. In total, the park has nearly seven miles of thrilling coaster track. Discounted tickets adult/child \$36.

Six Flags Saint Louis: An amazing theme park featuring awesome rides, great shows, and incredible attractions, plus Hurricane Harbor water park. Discounted one-day admission tickets for adults/children \$36.

#### **Davenport Cinemark 53<sup>rd</sup> 18 + IMAX**

<u>Theatre</u>: Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53<sup>rd</sup> 18 + IMAX theatre (formally 53<sup>rd</sup> cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

#### Movie Night Gift Cards at Leisure

**Travel**: Stop by the Leisure Travel



Office and pick up a gift card for \$27 that is redeemable at the Regal Moline Stadium Theater for two adult movie tickets and \$10 in concessions. These make great for a present for that special someone in your life. The Leisure Travel Office also is once again selling discounted single movie tickets for \$8.50. Call (309) 782-5890 for more info. (Flyer)

## Child, Youth & School Services

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Army Fee Assistance Program: Is your child in daycare? Did you know you can receive a subsidy to help pay for your daycare costs? If you do not have access to an on-installation child care provider, you may be eligible to participate in the program. The Army Fee Assistance Program is available to employees regardless of your household income. The program provides subsidy for daycare (to include before and after school care) if your child attends a National Association for the Education of Young Children accredited school. (If your child attends daycare on post, then you won't be able to apply—the money you receive is to subsidize the cost of paying for daycare off post.) To apply for the program, go to this website and

select Military Families, Department of the Army, click on the Apply Now For Fee Assistance, and then select the Not registered yet? Sign up. To get an estimate of how much money you'd receive before you actually apply, call 1 (800) 424-2246. To determine if you daycare is NAEYC accredited, checkout this link. If your daycare is not NAEYC accredited, you may still be eligible to receive the subsidy if there aren't a lot of NAEYC accredited schools in your area therefore you still want to apply. Even if you are just thinking about applying, apply. You will receive the subsidy back to the date of your application. It may take a month or so until you're actually enrolled in the program so apply ASAP. If you have any questions, please ask an AAA employee that is enrolled - *Tiffanie* Vieira.

**Army Certified Family Child Care** 

Provider: Would you, or someone you know, be interested in becoming an Army Certified Family Child Care provider for the Arsenal? We are always looking to bring more FCC providers into our program. You would be doing childcare out of your home with access to our lending closet for borrowing supplies, as well as certified training provided through the Arsenal. For

questions or more details contact our FCC director Nancy Lawson at (309) 782-0813.

Army Community Service (ACS)

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ACS is located in Bldg. 110, 1<sup>st</sup> floor SE; Visit



our <u>ACS website</u> or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. <u>Find us on Facebook click</u> <u>here</u>. 24/7 Sexual Assault Hotline: (309) 229-8412

**Operation: Family Timeout**: Four hours of free childcare is available to military families and families of deployed civilian for children ages six weeks to 12 years old. Pre-Registration is required by Friday, **Sept. 6**. You can register your child online; scroll down to Operation Family Timeout or call the Rock Island County Extension office at (309) 756-9978. Meet at Two Rivers YMCA, 2040 53<sup>rd</sup> St., Moline, **Sept. 14**. The program hours are 1-5 p.m. If your plans change and your child cannot come, please call and cancel. Failure to cancel more than three days in advance costs the program between \$10-15 per



child. Join us for a fun afternoon of free activities to include swimming, games, snacks, and a 4-H activity. Operation: Family timeout upcoming events will be: Oct. 12, at the Bettendorf YMCA, Nov. 9, at the Moline Two Rivers YMCA, and Dec. 14, at the Davenport YMCA. (Flyer)

Army Family Team Building
Instructor Training Course: The Rock
Island Arsenal Army Family Team
Building is conducting an AFTB
Instructor Training Course, Sept. 24-26,
9 a.m. - 2:30 p.m., at Army Community
Service in Bldg. 110. This course offers:
How to be An Effective Instructor,
Platform Skills, Adult Learner
Audience, Managing the Learning
Environment, Methods of Instruction,
and Preparation Process. Please call
(309) 782-0829 to register for this
dynamic class. We look forward to
seeing you there. (More Info)

Army Family Team Building Training Schedule: AFTB teaches knowledge of the military, personal growth and resiliency, and leadership skills to military families, family members, civilians and

contractors with the military community. The following are AFTB training opportunity dates: • Level K: Knowledge of the Military, Oct. 7-8, 9 a.m. - 2:30 p.m. • Level G: Personal Growth, Oct. 23-25, 9 a.m. - 2:30 p.m. • Level K: Knowledge of the Military, Nov. 4-5, 9 a.m. - 2:30 p.m. • Level L: Leadership Development, Dec. 17-18, 8:30 a.m. - 2:30 p.m. All classes are held at Army Community Service, Bldg. 110, 1st floor, SE. To register for free classes call ACS at (309) 782-0829. Civilians can register in TEDs.

## Employee Assistance Program

For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see our website or visit us on Facebook. The new location for the EAP/ASAP

<u>Month</u> is a national observance that educates Americans on the fact that addiction treatment and mental health

is Bldg. 56, 1st floor, East.

services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. The observance's main focus is to laud the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. Recovery Month spreads the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover. Recovery Month, now in its 24<sup>th</sup> year, highlights individuals who have reclaimed their lives and are living happy and healthy lives in long-term recovery and also honors the prevention, treatment, and recovery service providers who make recovery possible. Recovery Month promotes the message that recovery in all its forms is possible, and also encourages citizens to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need. Each September, thousands of prevention, treatment, and recovery programs and services around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about recovery, how it works,



## Island Insight

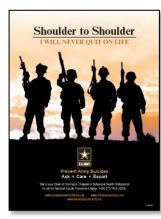
for whom, and why. There are millions of Americans whose lives have been transformed through recovery. These successes often go unnoticed by the broader population; therefore, Recovery Month provides a vehicle to celebrate these accomplishments. The 2013 Recovery Month observance emphasizes the many ways that people can prevent behavioral health issues, seek treatment. and sustain recovery as part of a commitment to living a mentally, physically, emotionally, and spiritually healthy life. Currently, 203 Federal, State and local government entities, as well as non-profit organizations and associations affiliated with prevention, treatment, and recovery of mental and substance use disorders, comprise the Recovery Month Planning Partners' group. The Planning Partners assist in the development, dissemination and collaboration of materials, promotion and event sponsorship for the Recovery Month initiative. If you have questions about substance abuse or mental disorders, or you are in recovery and would like to know of services available, please contact the Rock Island Arsenal Employee Assistance Program at 782-HELP (4357).

**Grief Support Group**: Grieving? We can help. The Employee Assistance

Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group meets on Tuesdays, 3-4 p.m., Bldg. 56, 1<sup>st</sup> floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

<u>Suicide Awareness Month</u> – <u>September 2013</u>: Would you know what to do if someone told you they

didn't want to live anymore? Each year, almost 30,000 people die by suicide in the US, and seventy percent of those give warning signs or tell



someone about it in advance. Friends and family members are often the best resources to prevent suicide. If someone you care about is saying things like: 'Life isn't worth living,' 'I won't be around to deal with that,' or 'I just can't deal with everything—life is too hard,' seek help immediately. Talking to a friend or loved one about suicide can be scary, but keeping it a secret can often lead to tragic results. Suicide is a fatal

response to a treatable, and reversible, condition – that condition most often being depression. In observance of Suicide Prevention Month, the Rock Island Arsenal Employee Assistance Program would like to remind you of the free and confidential services offered to you and your immediate family members. Master-level counselors provide short-term counseling and referral services and are available to respond to any concerns you may have about yourself or others in your life. Warning signs of suicide: Call 9-1-1 or seek immediate help from a mental health provider when you notice the following: • Someone threatening to hurt or kill him/herself, or talking of wanting to hurt or kill him/herself. • Someone looking for ways to kill him/herself by seeking access to firearms, available pills, or other means. Seek help by contacting an EAP counselor at (309) 782-4357, a mental health professional, or by calling 1-800-273-TALK for a referral should you notice anyone exhibiting any one or more of the following: • Hopelessness • Rage, uncontrolled anger, seeking revenge • Acting reckless or engaging in risky activities, seemingly without thinking • Feeling trapped - like there's no way out • Increased alcohol or drug use • Withdrawing from friends, family and



society • Anxiety, agitation, inability to sleep or sleeping all the time • Dramatic mood changes • Excessive interest, talk or writings focused on death, dying or suicide • No reason for living; no sense of purpose in life. (StandTo!)

Rock Island Arsenal Community
Health Promotion Council

**Announcement**: The RIA Employee Assistance Program Presents: Real Colors, Sept. 17 and Oct. 16. Want to enhance your communication skills? Real Colors offers you a peek into human personality. It will provide you with a better understanding of human behavior and help you recognize, accept and learn to value the differences in others. Real Colors has proven to be an effective tool to increase understanding, empathy and effective communication in the workplace. Sign up in TEDs (search key word "Real Colors") or for more information contact Lori Griffin at (309) 782-2551.

**Stress Management**: Do you want to learn effective strategies to reduce stress? Sign up for a Stress Management Class. **Sept. 17, Oct. 15, Nov. 12, Dec. 17, Jan. 28, Feb. 25**, Tuesdays, 10:30–11:30 a.m., Bldg. 56, 1<sup>st</sup> Floor, Room 122, Call (309) 782-4357 to reserve

your spot. Sponsored by: Employee Assistance Program.

Understanding PTSD: Classes are being offered for those who wish to learn more about the nature and treatment of Post-Traumatic Stress Disorder Sept. 24, Oct. 29, Nov. 26, Dec. 10, Jan. 14, Feb. 11, Tuesdays, 10:30–11:30 a.m., Bldg. 56, 1<sup>st</sup> Floor, Room 122. Call (309) 782-4357 to reserve your spot. Presented by the Rock Island Arsenal Employee Assistance Program.

PTSD Support Groups: You don't have to go through this alone. The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

Smoking Cessation Group: Do you want to learn effective ways to kick the habit? The Employee Assistance Program offers an ongoing educational support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office located in Bldg. 56, 1<sup>st</sup> floor, East wing.

#### Education/Training Review

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The Rock Island Army Education Center is located in Bldg. 56, 1<sup>st</sup> floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our website to learn more.

**Lunch and Learn at Arsenal Island Upper Iowa University Quad Cities Center**: The MBA program will be arriving at the Upper Iowa University Quad Cities Center on Jan. 6. We will be hosting a Lunch and Learn Sept. 26, 11:30 a.m. - 2 p.m. We will provide free Subway subs to those that attend. The event will be held in Bldg. 56, Classroom 122. The MBA program can be completed in one year. Attend to hear specifics about courses meeting every Saturday morning, 8 a.m. – 12:30 p.m., for eight weeks, and then switch courses. Finally learn about the many areas of emphasis. You can contact Dr. Daniel Marvin at (563) 359-7111 or Dr. Kris Blanchard at (563) 425-5977. We look forward to seeing you.

Maguire Scholarship Awarded: The 2013 Maguire Scholarship has been awarded to Lane Sunwall of Madison,



Wis. The fund was established after Maguire's death in 1985. It is awarded annually to an individual studying for a Master's degree or Doctorate in history or related field. Congratulations, Lane.

## Commissary / Exchange

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The Rock Island Commissary and the **Exchange are for active duty military** and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information HERE. For information on this and other Commissaries, visit: www.commissaries.com (Facebook)

Fall Savings Highlight Return to Regular Hours: As commissaries resume pre-furlough operations, patrons will see plenty of savings with sales

events throughout the store that include Labor Day promotions, half-off sales, recipe contests, Oktoberfest celebrations and high-value coupons. Throughout September, DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries to offer discounts beyond everyday savings. One event in particular is a series of scandown days in September offering 50 percent savings on certain items in stateside commissaries. Customers should check with their local store manager for details on when they will be offering.

## Arsenal Archive

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Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. (website)

This Week in Rock Island Arsenal
History – Sept. 9-15: In September
1814, Major Zachary Taylor led an
American military expedition to Rock
Island to avenge the defeat that Black
Hawk's British Band had inflicted on Lt.

Campbell's early expedition. Major Taylor's troops were defeated in the Battle of Credit Island, an island just below Rock Island, by British artillery and hostile Indians.

## Healthbeat

**Sustaining Drumbeat of 'Ready and Resilient' Force Through Awareness,** 

**Action**: September is Suicide Prevention Month and the Department of the Army joins our nation and the world in observing National Suicide Prevention Week, Sept. 8-14, 2013, in the U.S. and the World Health Organization's World Suicide Prevention Day, Sept. 10, as part of efforts to promote awareness about suicide and empower individuals and communities to intervene and save lives by understanding the risk factors, warning signs, protective measures, and to take appropriate intervention actions when needed. The Army's leadership role in the fight to prevent suicide is to increase awareness of the Army's suicide prevention resources, and continued efforts to educate, empower, and equip Soldiers, families and Department of the Army Civilians to seek help for life stressors and intervene to aid others who display at-risk behaviors. (More)



Health Clinic Announcement: Sick Call hours 7-8 a.m. (closed for lunch). Tricare closed Sept. 3. Clinic closed for staff meeting Friday, Sept. 27, 1-2 p.m. For any issues or concerns with the RIAHC clinic please call our customer support line (309) 782-0721.

## Notes for Veterans

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**Ready and Resilient Campaign: Integrated Disability Evaluation** 

**System**: The Integrated Disability Evaluation System (IDES) is a joint initiative, between the Department of Defense and Department of Veterans Affairs (VA), to streamline processes and procedures to ensure a seamless transition from military to veteran status while ensuring uninterrupted care and entitlements. The U.S. Army's Ready and Resilient Campaign strives to create a holistic, collaborative and coherent enterprise to increase individual and unit readiness and resilience. Aligned with this effort on Aug. 28, the Army released the IDES Dashboard, a new web-based application that tracks a Soldier's progression in the IDES, as part of its commitment to enhance unit/force readiness and increase individual Soldier resilience. The

purpose of the dashboard is to increase transparency of the IDES process for commanders and Soldiers, while also providing system administrators an enhanced capability for identifying challenges and potential obstacles in the system. (More)

#### Carpooling Announcements

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Submit carpooling announcements via the <u>Island Insight submission page</u>. Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

#### Carpool:

- ➤ Ride: Looking for a ride and pay for gas. Location Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to contact me at (309) 782-1078 (TTY). (Email)
- ➤ <u>Carpool</u>: Carpool from Rio, Ill., looking for people to carpool with along 150. Please call (309) 782-5472.
- Carpool: New hire with flexible hours seeking to pay for ride from

Moline 9<sup>th</sup> & 53<sup>rd</sup>, (Franklin School area) (309) 757-5755.

#### Around the Q.C.

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<u>Sept. 14</u>: <u>Quad Cities Discraft Ace Race</u> (Middle Park Disc Golf Course, meet at the Lagoon Shelter, Bettendorf)

<u>Sept. 14</u>: <u>USO Discovery Kids, "Build and Grow" w/ Lowe's</u>

Sept. 14: 4<sup>th</sup> Annual Hilltop Campus Village Fall Music Festival (Hilltop Campus Village, Davenport)

Sept. 14: River Action's Taming of the Slough (Two Rivers YMCA Boathouse, 17<sup>th</sup> St. at the Mississippi River, Moline)

Sept. 14: Nick Teddy Fight Against Ewing's Sarcoma 5K Run/Walk (Main Street and Great River Trail, Port Byron, III.)

Sept. 14: Quad Cities Cruisers Cruise-In (SouthPark Mall, Moline)

Sept. 14: Team of Dreams Spectacular (Island Fest, Dubuque, Iowa)

Sept. 15: Nancy Kapheim Memorial Classic (Rock Island)

Sept. 15: Run 3 for 30 5K Trail Run/Walk (Crow Creek, Bettendorf)

Sept. 19: Light the Night Walk (Modern Woodmen Park)

Sept. 19: 4<sup>th</sup> Annual Schmooza Palooza (Jumer's Casino & Hotel, Rock Island)

<u>Sept. 21</u>: <u>Brew Ha Ha</u> (LeClaire Park, Davenport)

<u>Sept. 21</u>: <u>Celtic Festival & Highland Games</u> (Centennial Park, Davenport)

<u>Sept. 21</u>: <u>Operation Palmer Promotes Play-OP3</u> (Sister Concetta Park, Davenport)

Sept. 21-22: Riverssance Festival of Fine Arts (Village of East Davenport)





<u>Sept. 22</u>: <u>Quad Cities Marathon</u> (Downtown Moline)

Sept. 24: Health Care Reform Expo

(Eastern Iowa Community College ATEEC

Building, Davenport)

<u>Sept. 27-29</u>: <u>Hot Air Balloon Festival</u> (Kennedy Square, East Moline)

Sept. 28: Killer Bee & Bumble Rumble (St.

Ambrose Campus, Davenport)

Sept. 28: Battle-on-the-Island Adventure

Race (Credit Island, Davenport)

Oct. 5: USO Discovery Kids, John Deere Pavilion

Oct. 5: Inaugural Milan Fireworks Fun Run (Camden Park, Milan)

Oct. 5: Wells 4 Wellness 5k (Moline)

Oct. 6: Annual Arrowhead Ranch Round-up Auction (12200 104th St., Coal Valley, Ill.)

Oct. 6: 42<sup>nd</sup> annual CROP Walk (Modern Woodmen Park)

Oct. 6: 5<sup>th</sup> Annual Dogtoberfest (Bier Stube, LeClaire, Iowa)

Oct. 12: Trinity Quad Cities Classic Regatta
(On the Mississippi River in Moline)

Oct. 12: Quad Cities Cruisers Cruise-In (SouthPark Mall, Moline)

Oct. 12: Running Dead 5k (Moline)

Oct. 19: Run with the Nation's 5k (Moline)

Oct. 20: 9th Annual CBRC Pumpkin Dash

(Credit Island, Davenport)

Oct. 24: Fright Night (The District, Rock Island)

Oct. 26: 17<sup>th</sup> Annual Black & Gold

Scholarship Ball (iWireless Center, Moline)

Oct. 26: Witches Walk (Downtown LeClaire)

Oct. 26: Lagomarcino's Cocoa Beano 5K

Race (Sylvan Island)

Oct. 26-27: Boo at the Zoo (Niabi Zoo, Milan)

Nov. 9: USO Discovery Kids, Hy-Vee, "Nutrition"

Nov. 9: Black Hawk College 5k Hustle - For The Hill Of It (70th St entrance, Moline)

Nov. 15-24: Quad City Arts Festival of Trees (RiverCenter, Davenport)

Nov. 16: Festival of Trees Parade

(Downtown Davenport)

Nov. 16: Lighting on the John Deere Commons and Holiday Pops Concert (Downtown Moline)

Nov. 22-Dec. 1: Quad City Arts Festival of

Trees (RiverCenter, Davenport)

Nov. 28: Scott County Family Y Turkey Trot (Downtown YMCA, Davenport)

<u>Dec. 1</u>: 19<sup>th</sup> Century Christmas (Butterworth Center, Moline)

<u>Dec. 6-7</u>: <u>Christmas in the Village</u> (Village of East Davenport)

<u>Dec. 14</u>: <u>USO Discovery Kids, "Winter Holiday Celebration w/ the Animals,"</u> Naibi Zoo

<u>Dec. 14</u>: <u>Jingle Bell Run/Walk 5K for</u> Arthritis (South Park Mall, Moline)

<u>June 21</u>: <u>Inaugural Micro Brew Mile & 6k</u> Road Race (Moline)

Island Insight

Col. Elmer Speights, Jr., Garrison
Commander; Eric Cramer, Public
Affairs Officer; Mark Kane, Editor
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